

PATIENTS' RIGHTS KNOW THROMBOSIS



Venous thromboembolism (VTE) is a life-threatening but preventable condition that affects millions of people worldwide.

VTE refers collectively to deep vein thrombosis (DVT), a blood clot that occurs in a deep vein usually in the leg, and pulmonary embolism (PE), a clot that breaks loose and travels to the lungs.

Up to 60 percent of VTE cases occur during or after hospitalization, making it a leading cause of preventable hospital death.

Certain factors can increase your risk for developing VTE. When conducted by a healthcare professional, a VTE risk assessment can indicate your risk and lead to proper prevention.

Everyone has a **RIGHT to know if they are at risk of developing VTE. Take control of your health and proactively reduce your risk.**

- Know the factors that can increase your risk of developing VTE and talk openly and proactively with a healthcare professional about these factors, including:



STRONG RISK

- Being in the hospital for an extended time
- Having surgery (*especially hip, knee and cancer-related surgery*)
- Not moving for long periods of time (*e.g., due to bedrest or long travel*)



MODERATE RISK

- Age (60+)
- Personal or family history of blood clots
- Cancer/chemotherapy
- Using estrogen-based medication (*e.g., oral contraceptives or hormone replacement therapy*)



OTHER FACTORS

- Obesity
- Pregnancy or recent birth
- Smoking
- Alcohol consumption

- Ask your healthcare professional to assess your risk of developing VTE. If hospitalized, ask for an assessment as soon as you are admitted to the hospital.
- Discuss the outcomes of your VTE risk assessment and ask what can and will be done to reduce your risk. Information should be provided verbally and written down.
- Ask to have your pulse checked for an irregular heartbeat, which could be due to atrial fibrillation (AFib).